

Anxiety & Worries

- To gain an understanding about what anxiety is
- To recognise feelings of worry and anxiety
- To be able to make a plan to deal with my worries

I can...	Emerging	Developing	Secure	Excelling
Explain what it means to feel worried				
Identify some times when I felt worried				
Describe some of the body feelings I get when I feel worried or anxious				
Describe how thoughts can affect feelings.				
Give examples of strategies that may help when feeling anxious				
Sort my worries between things that are in my control and things that are not in my control				
Use mindfulness techniques to calm my mind and body				
make a plan to deal with worries				